

Carlsbad Senior Center • 799 Pine Avenue • 760-602-4650

Call the Senior Center at 760-602-4650 for more information, or visit www.carlsbadca.gov, click on Senior Services, for a complete Activities Calendar. Activities, rooms and times subject to change.

Arts & Crafts

Needlecraft: Tuesdays, 8-11 am

Watercolor Class: Thursdays, 9-11 am. Bring your own supplies.

Computer Room

Also see *Computer Class listings on following pages.*

Open Lab: Hours vary; current schedule available at Senior Center Front Desk, or call 760-602-4650 for more information. Volunteers are available to assist with computer usage. Free.

PC Users Group: Meetings on 2nd, 3rd and 4th Thursdays from 1-3 pm. Free.

Dance ♥

Country Line Dancing: No partners necessary. \$1 donation requested.

Beginning: Mondays, 12-2 pm

Intermediate/Advanced: Tuesdays, 9:30-11:30 am

Ballroom Dance Lessons: Mondays, 1-2:30 pm. No partners are necessary. \$5 donation requested.

Hawaiian Dance: \$5 donation requested.

Beginning/Intermediate: Wednesdays, 2-4:30 pm

Intermediate/Advanced: Fridays, 12:45-2:30 pm

Tap Dancing: Wednesdays, 9:30-10:30 am. \$5 suggested donation.

Middle Eastern Dance: Thursdays, 1-2:30 pm. \$5 suggested donation.

See also Dances under Social Gatherings.



Play

Discover





Celebrate

Parks & Recreation Makes Life Better in Carlsbad

- Classes and camps
- Community special events
- Healthy activities
- Parks, trails & open space
- Safe places to gather
- Senior services
- Social connections
- Sports for all ages
- Swimming
- Teen programs

July is Parks & Recreation month.

Get active, make friends and have fun in our community centers, parks and trails. Explore online at www.carlsbadca.gov/parksandrec.

LEO CARRILLO FILM FESTIVAL

★ **FREE ADMISSION**
Movie starts promptly at sunset

**FIVE FRIDAY NIGHTS
BEGINNING AUGUST 27**
Leo Carrillo Ranch Historic Park
6200 Flying LC Lane

★
**NOSTALGIC ENTERTAINMENT
UNDER THE STARS**

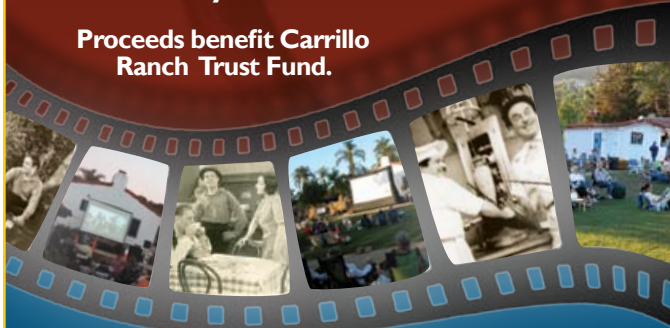
See rare historic films from the Golden Age
of Hollywood, featuring Leo Carrillo,
at the star's legendary ranch.

Dinner & A Movie

FRIDAY, AUG. 20

Tickets: \$25 per person
Advance sales only – no sales at the door.
Only 150 tickets available.

Proceeds benefit Carrillo
Ranch Trust Fund.



Film schedules and event information:
www.leocarrilloranch.org
or call **760-476-1042**

Fitness

Fitness Room: Memberships include an orientation session. Annual, quarterly, monthly and day use rates are available. Visit the Senior Center front desk to sign up.

Laughter Yoga: Wednesdays, 10:30-11:30 am.

Low-Impact Aerobics with Carl Grubbs: Thursdays, 8:30-9:30 am. \$2.50 donation requested.

Soccer Golf: Tuesdays, 9:30-11:30 am. A great social game, all levels of physical ability welcome. Involves light walking on grass, minimal eye/foot accuracy and the ability to have a good time.

Yoga: A \$3 donation is requested.

Level I Beginning/Gentle: Mondays, 3-4:15 pm

Level II Intermediate: Mondays, 3-4:15 pm

Level III Intermediate/Advances: Thursdays, 10-11:15 am

Games

Bingo: Tuesdays, 12:30-4 pm. Doors open at 12:30 pm. Play for cash prizes. Bingo Game Packets stop selling at 1 pm. Games begin at 1:15 pm. Sponsored by the Carlsbad Senior Citizens Association.

Bunco: 2nd Mondays, 1-3 pm

Chess: Tuesdays, 1-4 pm

Mah Jongg: Tuesdays and Wednesdays, 8 am-12 noon

Party Bridge: Fridays, 12:30-4 pm. Seating is limited to first come, first served. 50¢ fee per game

Ping Pong: Tuesdays and Fridays, 12:30-4 pm

Pinochle: Wednesdays, 1-4:30 pm

Scrabble: Fridays, 1-4 pm

Wii Games: 1st, 3rd and 4th Mondays, 1-3 pm

Hobbies & Personal Enrichment

Audiomobile: Tuesdays, 10 am-12 pm

Discussion Group: 1st, 3rd and 5th Fridays, 9-11 am

Five-in-One-Joy Class: Wednesdays, 9:30-11 am

Senior Readers Theater: 1st and 3rd Mondays, 1-3 pm. Readers Theater is telling stories using a script. No need to memorize your part.

Spanish Classes:

Level I: for newcomers and beginners, emphasis on pronunciation, diction and grammar. Mondays, 9-10 am

Level II: for intermediate students, focus on advanced grammar and sentence structure. Mondays, 10-11 am.

Level III: for advanced students, features reading and conversation. Mondays, 11 am-12 noon.

Stamp Club: 2nd Fridays, 9-11 am.

Ukulele Class: \$5 suggested materials donation.

Beginning: Fridays, 10-11:30 am

Intermediate: Tuesdays, 10-11:30 am

Writing Group: Mondays, 9-11 am

Professional Services

Call 760-602-4650 for details on any of the programs below. All services free, until otherwise indicated.

AARP: Emphasizes how to adjust your driving in response to aging. Each two-class session costs \$12/AARP members, \$14/non-AARP members. 3rd and 4th Thursdays. Call for a reservation.

Blood Pressure Screening: Tuesdays, 8:30-11 am. No appointment necessary.

Chair Massage: 15 minutes. 3rd Thursdays 9 am-12 pm. \$5 donation.

Cholesterol Screening: Tuesdays, 8:30-11 am. \$3 donation requested. No appointment necessary. Requires fasting starting at midnight on the night before the test.

Glucose Screening: Tuesdays, 8:30-11 am. \$1 donation requested. Requires fasting starting at midnight on the night before the test.

Hearing Screening: 1st Wednesdays, 9:30-10:30 am

HICAP Health Insurance Counselling: 1st Fridays, 1-3 pm; 3rd Fridays, 1-3 pm; 4th Fridays, 9-11 am.

Individual Dietary Planning: 1st Thursday, 9:30-11:30 am. Registered dietitian. Call for appointment.

Legal Services: Call for appointment 760-439-2535 x 205.

Transportation: 1st and 3rd Tuesdays. Available for shopping and medical appointments for Carlsbad residents, age 60 and up, who can no longer drive. \$2 each way, suggested donation.



Social Gatherings

Congregate Lunch: Delicious and nutritious, privately catered meals with friends. Monday-Friday, 11:45 am-12:30 pm for ages 60 and up. Reservations must be made by 9 am on the date you wish to dine by calling 760-602-4655. Lunch served promptly at noon. Guests under age 60 accompanying a senior may dine for \$5 per person. Transportation is provided for Carlsbad residents ages 60 and up; a \$3.50 donation is appreciated. Home meal delivery is available for homebound Carlsbad seniors; \$4 donation per meal. Call 760-602-4650 for information on home meal delivery, or to volunteer.

Dances: 1st Thursdays, 1:30 pm. Live Big Band music and refreshments. \$3 donation requested.

Monthly Movies: 2nd Thursdays, 1 pm. Free popcorn!

Volunteer Opportunities

Our programs and services would not be possible without your participation. Thank you! Help us to make your City programs even better.

Visit www.VolunteerinCarlsbad.net for current opportunities.

All area codes are 760

Leo Carrillo Ranch Historic Park.....	476-1042
Parks and Recreation	434-2826
Special Events Party C.R.E.W.	602-7519
Senior Center	602-4650
Trails	434-2978

Registration Dates: refer to page 53.

Special Interest Classes

Brain Fitness Program

Are you having senior moments? Missing conversations? Concerned about vision and driving? The Brain Fitness Lab is now available. Participants will be challenged with memory and sight simulations that will actually help to reshape your brain. Desired results include better vision and memory skills. No computer expertise required. Think of this program as exercise for your brain.

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45458	8:00-9:30am	M-F	Jun 1-Aug 6	49c	\$100/\$110

Part Two: Insight

Completing the Brain Fitness Program is a prerequisite to this program. Participants will be challenged with memory and sight simulations that will actually help to reshape your brain. Desired results include better vision and memory skills. No computer expertise is required. Think of this program as exercise for your brain. There are extra make-up days to ensure you get your 40 sessions, contact instructor for more details.

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45459	6:00-7:30pm	M-Th	Jun 1-Aug 10	40c	\$100/\$110

NEW! Ceramics 101

Join university art teacher, Christine Franke Boulos, for ceramics. Create your own masterpiece using clay and your hands. Final projects will include: flower pots, tea pots, self portraits, busts, serving trays and much more. \$24 supply fee payable when registering.

Senior Center: Arts Studio

Instructor: Arimaw Productions

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45892	9:30am-12:30pm	W	Jun 2-30	5c	\$60/\$70
45893	2:00-5:00pm	W	Jul 7-28	4c	\$48/\$58
45894	9:30am-12:30pm	W	Aug 4-25	4c	\$48/\$58

Qigong for Energy and Health ♥

Increase energy, reduce stress, improve sleep patterns, enhance mental acuity, and strengthen immune system with the clinically-proven practice of Qigong (pronounced Chee-gong). Immediately benefit from deep relaxation, breathing exercises, and vitalizing gentle, fluid movements that may be done standing or sitting in a chair. All physical conditions welcome. No class on Aug 17th.

Senior Center: Dance Studio

Instructor: Fay McGrew

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45884	9:15-10:15am	Tu	Jun 8-29	4c	\$32/\$42
45885	9:15-10:15am	Tu	Jul 6-27	4c	\$32/\$42
45886	9:15-10:15am	Tu	Aug 3-24	3c	\$24/\$34

Computer Classes

Computer Literacy

This class demystifies basic computer concepts including hardware, software, and Windows. You will learn basic use of the computer, from turning it on to shutting it down. You will use the Internet, Google, word processing, graphics, spreadsheets, games and more. You will discover over 60 different uses for a computer.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45433	10:00am-12:00pm	W	Jun 2-23	4c	\$56/\$66

Intro to Excel 2007

Unleash the calculating power of your computer! In this "hands-on" class, you will learn to create, format and print spreadsheets, work with data, formulas, functions, graphs and templates. Class includes demos, projects, and ideas for creating your own personalized spreadsheets. PREREQUISITE: Basic computer skills, ability to point, click and drag.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45436	10:00am-12:00pm	M	Jun 7-28	4c	\$56/\$66

The Computer Workshop

"Hands-on" class covers issues/topics that inevitably hit every PC user, but are not covered in the usual classes: how to deal with various "unexpected" events on your computer; how to update or upgrade software; how to troubleshoot; when should you call the experts, etc. PREREQUISITE: Computer Literacy class or basic computer experience.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45435	10:00am-12:00pm	Th	Jun 3-24	4c	\$56/\$66

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Email: From A to Z

Learn all the ins and outs so you can use email, and all its features, as easily and safely as you use the phone. Learn the best practices regarding privacy, security, attachments, contacts, forwarding, organization, etc. For both new and semi-seasoned users. PREREQUISITE: Basic computer experience/literacy.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45442	10:00am-12:00pm	Th	Jul 8-29	4c	\$56/\$66

Files/Folder and Email/Attachments

Join us as we solve the mystery of saving files into organized folders and become able and confident in finding them on your computer. Learn how email really works and how easy it is to send pictures to loved ones as 'attachments.'

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45445	10:00am-12:00pm	Tu	Jun 1-22	4c	\$56/\$66
45446	10:00am-12:00pm	Tu	Jul 6-27	4c	\$56/\$66
45447	10:00am-12:00pm	Tu	Aug 3-24	4c	\$56/\$66

Internet Literacy for Seniors

Learn to use the Internet safely and effectively in this "hands-on" class. Find exactly what you want on the Web. Discover great new stuff! "Google" to its fullest extent. Privacy and security issues are emphasized. PREREQUISITE: Computer Literacy class or basic computer skills.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45438	10:00am-12:00pm	W	Jul 7-28	4c	\$56/\$66

Internet on Your Television!

No more cable bill? As the Internet becomes more powerful and pervasive, hooking up your computer to your television will become common. Come see Windows 7 make it possible to use Netflix for instant movie viewing. Gather all your music, pictures and videos into your system for playback on your big screen TV. Learn about the endless possibilities.

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45455	1:00-3:00pm	F	Jun 4-25	4c	\$56/\$66
45456	1:00-3:00pm	F	Jul 9-30	4c	\$56/\$66
45457	1:00-3:00pm	F	Aug 6-27	4c	\$56/\$66

Intro to Windows: Making the System Work for You

Take control of your computer! Discover all the great features Windows offers to help you! Use the Control Panel, Accessories, My Computer, customization and file management to make your PC work for you. Never again wonder where a file or photo went! PREREQUISITE: Computer Literacy class or basic computer skills.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45437	10:00am-12:00pm	M	Jul 12-Aug 2	4c	\$56/\$66

What's Happening on the Internet

Learn to search Google, set up a Facebook account, start twittering, and more. Take a fun journey with us as we explain the popularity of social networking on the Internet regardless of age. Also included is a live Skype session with voice and web camera.

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45452	10:00am-12:00pm	F	Jun 4-25	4c	\$56/\$66
45453	10:00am-12:00pm	F	Jul 9-30	4c	\$56/\$66
45454	10:00am-12:00pm	F	Aug 6-27	4c	\$56/\$66

Word 2007 Introduction

Microsoft Word 2007 is quite different than previous versions. Learn how it works so you can create letters, envelopes, invitations and more.

Senior Center: Computer Room

Instructor: Thomas Collins

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45448	1:00-3:00pm	Tu	Jun 1-22	4c	\$56/\$66
45450	1:00-3:00pm	Tu	Jul 6-27	4c	\$56/\$66
45451	1:00-3:00pm	Tu	Aug 3-24	4c	\$56/\$66

Help Us Go Green

View a digital version of the Community Services Guide online at www.carlsbadconnect.org.

Sign up to receive e-mail updates directly to your inbox at www.carlsbadca.gov, click on Subscription Service.

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